

Breakfast

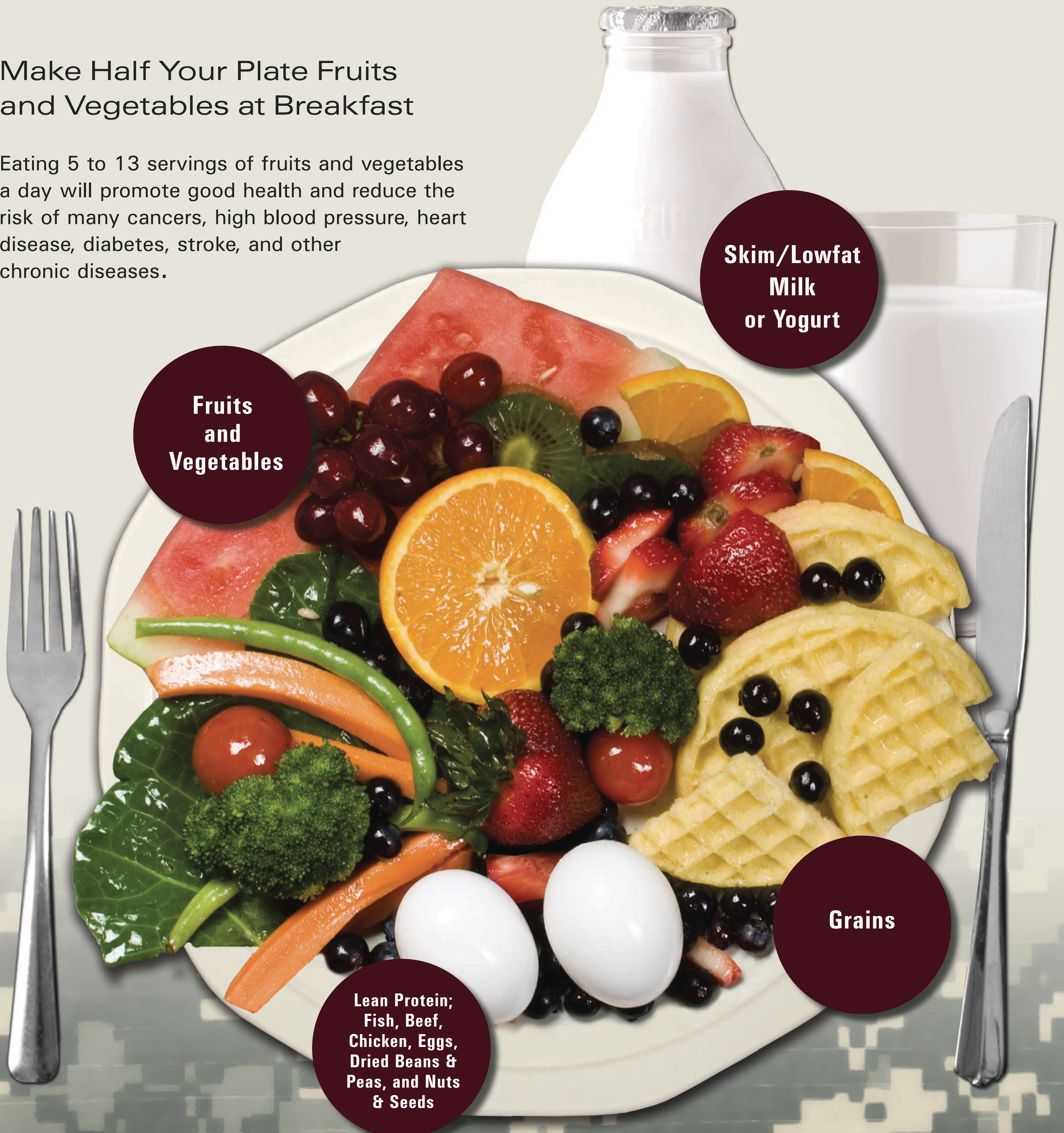
An New Look to an Old Tradition

The Most Important Meal of the Day

JUST GOT A MAKE OVER

Make Half Your Plate Fruits
and Vegetables at Breakfast

Eating 5 to 13 servings of fruits and vegetables
a day will promote good health and reduce the
risk of many cancers, high blood pressure, heart
disease, diabetes, stroke, and other
chronic diseases.



Fruits
and
Vegetables

Skim/Lowfat
Milk
or Yogurt

Grains

Lean Protein;
Fish, Beef,
Chicken, Eggs,
Dried Beans &
Peas, and Nuts
& Seeds